



HANDLING HOLIDAY STRESS

The holidays can be one of the most stressful times of the year. Attend this workshop and discover various ways to manage stress and enjoy the holidays more. Learn tools to help approach time, expectations, personal needs and relationships. Also learn managing skills for food, parties and social events. Simple substitutions and planning can go a long way.

Date: November 5, 2020

Time: 12:00 - 1:00 pm

Presenter: Victoria Davis

10 Points for Attending!

Register Here

To register, please include your full first and last name followed by your EIN Number (in the same box as your last name), your Pima County email address, and work phone number. If you use a different email, you may not receive points.

If you are unable to register in time, please view the webinar here
<https://webinar.anymeeting.com/131-966-382>



Questions? Contact wellness@pima.gov



Per Administrative Procedure 23-30, employees are encouraged to attend Employee Benefits and Wellness programs, events and activities. Employees may be allowed to flex their time, where needed, and/or, at the discretion of the appointing authority, may be allowed a maximum of eight (8) BeWell hours of paid work time per fiscal year to attend these activities.